

DINNER

I

APPETIZER

Selection of Crudités
of fresh and pickled vegetables

ENTRÉ

Cold spaghetti with pesto & chopped tomatoes
with seasonal vegetables & farm fresh eggs
Sautéed local sausage and onions

DESSERT

Summer Pudding
Seasonal fruit

BEVERAGE

Sweet tea
made with black tea and sugar

Lemonade
made with fresh lemons
Ice water with cucumber & mint

Virgin Sangria

DINNER

II

APPETIZER

Crostini with homemade ricotta

Cold tomato and melon soup

ENTRÉ

Local fish filet & vegetables
steamed in corn husks

Seasonal vegetables
steamed in corn husks

DESSERT

Icebox Cake

Seasonal fruit

BEVERAGE

Sweet tea
made with black tea and sugar

Lemonade
made with fresh lemons

Ice water with cucumber & mint

Virgin Sangria

MOVIE NIGHT

SNACKS

Fresh popcorn with white truffle oil
and parmesan cheese

Fresh popcorn with assorted seasonings
cheese, seasoned salt, garlic salt

Kale chips

3 salsas and corn chips
mango, tomato, and avocado

Empowerhouse cookies

SUMMER PUDDING

Serves 8-10 people

INGREDIENTS

8 cups of seasonal fruit: apples, pears, peaches, plums, berries

Juice and zest of 2 lemons

Cinnamon, cloves, nutmeg to taste

Local sugar to taste (maple syrup, honey, sugar)

¼ cup of apple cider vinegar

1 tablespoon canola oil or melted butter

2 large loaves of white bread (challah, brioche, pullman)

1 bowl or cake pan large enough to contain all ingredients

Wax paper

DIRECTIONS

Cut fruit roughly into 3/4 inch wedges.

In a large saucepan, combine fruit, lemon juice and lemon zest, apple cider vinegar, sugar, spices over medium heat until juices are released but fruit retains its shape. Stir frequently.

While the fruit is cooking, cut the bread into ¼ inch slices and trim off the crusts.

Line your bowl with ½ a tablespoon of olive oil. Line oiled bowl with parchment paper; you will want to leave tabs of paper sticking out the top of the bowl so that you can grab them later to release the mold. Line the parchment paper with the remaining oil.

Remove fruit from heat and cool to room temperature.

Dip bread into the fruit juices. Do this each time you add a layer of bread to your pudding layers.

Line the bottom and sides of the pan with bread until you cover the entire surface of the bowl with a layer of soaked bread.

Using a spoon, put a layer of fruit into the bottom of the bowl, approximately 1 inch thick. Top this with another layer of soaked bread and continue to alternate a layer of bread and then fruit until you are ½ an inch from the top of the bowl. Fill the remaining portion of the bowl with soaked bread.

Cover the bowl with a layer of parchment paper and then a layer of plastic wrap. Place the bowl in a pan or large plate to collect any overflow; then place a weight on top of the bowl.

Refrigerate for at least 6 hours or up to 2 days in advance of serving.

To serve:

Remove plastic wrap and parchment paper from top of bowl. Flip bowl onto platter. Grab the tabs of parchment to release the pudding from its mold and remove parchment. Top each serving with a dollop of fresh whipped cream and enjoy!

CRUDITÉ

Serves 8 people

INGREDIENTS

Turnips
Carrots
Cauliflower
Broccoli
Celery
Grape tomatoes
A good quality olive oil
Aged balsamic vinegar

DIRECTIONS

Rinse vegetables. Trim off ends and scrape turnips and carrots.

Trim tough stems off broccoli and cauliflower; cut what remains into 1 inch pieces

Slice celery, turnips, and carrots lengthwise into pieces $\frac{1}{2}$ inch thick and 4 inches long.

Leave grape tomatoes whole.

Put $\frac{1}{2}$ cup of oil in small bowl, $\frac{1}{4}$ cup of vinegar into another small bowl in the center of a large platter. Arrange vegetables around the dipping bowls. If you wish you can sprinkle salt and pepper into the olive oil.

CROSTINI WITH FRESH RICOTTA CHEESE

Serves 8 people

INGREDIENTS

2 french baguettes
2 cups fresh homemade ricotta
cheese from local farmers market
2 tbs Olive oil
4 tbs Fresh thyme

DIRECTIONS

Preheat oven to 400 degrees. Slice $\frac{1}{2}$ thick slices of bread on a diagonal.
Generously brush olive oil onto one side. Place bread on baking sheet oiled side up.
Bake until lightly brown and crusty, about 4 minutes
Spoon ricotta onto toasted bread.
Sprinkle with olive oil, a pinch of sea salt, and finely minced fresh thyme.
Arrange on plate and enjoy.
Best enjoyed within 15 minutes from preparation.

PICKLED BEETS

Serves 8 people

INGREDIENTS

1 lb. each red and gold
beets, peeled
1 white onion, sliced
1 garlic clove, sliced
1 cup cider vinegar
1/4 cup sugar, or to taste
1 Tbs. cardamom seeds
1 Tbs. whole cloves
1 Tbs. ground allspice
Pinch of salt

DIRECTIONS

Put the red beets and the gold beets in separate saucepans and add water to cover by 2 inches.

Bring to a boil over high heat, reduce the heat to medium-low, cover partially and simmer until tender, 25 to 30 minutes. Drain, reserving 2 cups of the cooking liquid from the gold beets. Let cool slightly.

When the beets are cool enough to handle, cut into slices 1/4 inch thick and divide them and the onion and garlic slices evenly between 2 sterilized 1-quart canning jars.

In a saucepan, combine the reserved cooking liquid, the vinegar, sugar, cardamom, cloves, allspice and salt.

Place over medium heat and heat, stirring, just long enough to dissolve the sugar, then pour over the beets, immersing them fully and filling the jars to within 1/4 inch of the top.

Using a hot, damp towel, wipe the rims clean. Seal tightly with lids and screw bands. Process the jars in a hot-water bath for 15 minutes.

Using tongs, transfer to a wire cooling rack, let cool to room temperature and check for a good seal.

Label and store in a cool, dark place for up to 3 months. If the seal is not good, store in the refrigerator for up to 1 week. Makes 2 quarts.

PICKLED ZUCCHINI RELISH

INGREDIENTS

2 pounds zucchini
1 large yellow or white diced onion
1 red bell pepper, seeded, diced
2 tablespoons salt
1 1/4 cups sugar
1 cup distilled white vinegar
1 cup water
1 teaspoon celery seeds
1 teaspoon freshly grated nutmeg,
1/2 teaspoon ground turmeric
1/2 teaspoon pepper

DIRECTIONS

Cut the zucchini lengthwise into thin strips using a julienne peeler or a mandolin. Cut the strips crosswise into matchsticks.

Transfer to a large nonreactive bowl.

Add the onion, bell pepper and salt. Toss to combine. Cover; let stand at room temperature 6 hours or up to 1 day.

Have ready hot, sterilized jars and their lids.

Drain the zucchini mixture in a large colander. Rinse thoroughly; drain again. Transfer to a large nonreactive saucepan.

Add the sugar, vinegar, water, celery seeds, nutmeg, turmeric and pepper. Stir to combine.

Heat to a boil over high heat; reduce the heat to medium-low. Simmer, stirring occasionally, until slightly thickened, 25-30 minutes.

Ladle the hot relish into the jars, leaving 1/4-inch of space at the top. Remove any air bubbles. Wipe the rims clean; seal tightly with the lids. Process the jars in a boiling-water bath 10 minutes.

Cool jars; test seals. Store. If the seal has failed during processing, refrigerate the jar up to 1 month. Makes: 3 cups.

COLD SPAGHETTINI

WITH PESTO, CHOPPED TOMATOES, SEASONAL
VEGETABLES AND FARM FRESH EGGS

Serves 8 people as a side, 4 people as a main course

INGREDIENTS

2 cups fresh basil leaves
¼ cup walnuts
¼ cup pine nuts
¼ cup olive oil
6 tablespoons finely grated
parmesan cheese
3 garlic cloves
Salt and pepper to taste
1 lb spaghetti
½ lb string beans, zucchini,
and/or yellow squash

DIRECTIONS

PESTO SAUCE

Place basil, nuts, olive oil, and garlic into a food processor. Blend until smooth. Add parmesan cheese and blend until mixed in.

If you wish to freeze the pesto for later use – place sauce into freezer bags and add parmesan cheese once defrosted.

VEGETABLES

For string beans – snap off ends. Boil 6 cups of water in a large pot with 1 tbs of salt. Once boiling, cook beans in water for 4 minutes and drain.

For squash – slice ½ inch pieces and sauté with olive oil, garlic, and salt and pepper to taste until tender but not mushy.

PASTA

Preheat oven to 400 degrees.

Boil 10 cups of water in a large pot. Once the water is boiling, add 1 Tbsp. of salt. When the water returns to a boil add the spaghetti to the pot. Leave the pot uncovered at high heat while the pasta cooks at a vigorous boil. Set timer according to pasta package instructions.

Before draining pasta, place a small bowl or saucepan under the colander to reserve some of the cooking water. Remove the pasta from the water when pasta has a slight bite – al dente. Drain pasta and set reserved water to side.

In 2 batches; place pasta on a cooking sheet and toss with a 2 tbsp. of olive oil, and cook it in oven. Take them out when lightly toasted.

Toss pasta and vegetables with pesto. If pesto is too dry add pasta water ¼ cup at a time until desired consistency is achieved. For a richer flavor, you can substitute water with olive oil.

Serve pasta on large platter. Top with chopped tomatoes. Arrange hardboiled eggs around edge of platter and enjoy.

SAUTÉED LOCAL SAUSAGE AND ONIONS

Serves 4 people

INGREDIENTS

1 lb farmers market local sausage
1 large onion
2 tbs olive oil
½ cup water or beer

DIRECTIONS

Quarter onions and cut into ¼ inch slices. Sautee onions in skillet with olive oil until transparent and caramelized. Set aside.

Cut sausages into individual links and place in a large, heavy skillet.

Add ½ cup boiling water or beer.

Cover pan and simmer until sausages are almost done — 8 to 10 minutes.

Pour off liquid and discard. Return sausages to pan and turn periodically until browned.

Serve onions and sausages together on platter. Serve with mustard.

COLD TOMATO AND MELON SOUP

Serves 8 people

INGREDIENTS

2 cups tomatoes – peeled
and deseeded

2 cups chopped melon
(watermelon, cantelope, etc)

2 tablespoons of basil

DIRECTIONS

Place the melon, tomatoes and basil in a blender or food processor.

Pulse the blender until the mixture is pureed.

Add the salt and pepper to taste. Pour the soup in a large bowl.

LOCAL FISH FILET & VEGETABLES

STEAMED IN CORN HUSKS

Serves 4 people

INGREDIENTS

16 oz. of local fresh fish filet – white flakey fish works best (tilapia, trout, flounder, cod, etc)

2 ears of corn with husks

¼ cup of fresh herbs (basil, thyme, oregano), chopped

Zucchini, yellow squash, any type of squash that is in season

½ sweet potato

1 clove garlic, finely minced

1 tsp. of finely minced fresh bonnet pepper (can substitute another hot pepper)

DIRECTIONS

Preheat oven at 375 degrees.

Husk the corn, trying your best to keep each piece husk intact. Set husks aside. With the inevitable broken husks, strip these into thin pieces.

Knot short strips together end to end to make 8 pieces of 'cooking twine' 2 ft long each.

Using a sharp knife, remove the corn from the cob and place in large mixing bowl. Using a wooden pestle crush the corn until the juices have come out (if you don't have a pestle you can use the bottom of a sturdy drinking glass). Add to the corn – salt, pepper and fresh herbs and mix until evenly distributed.

Slice squash thinly, lengthwise. Place squash in small mixing bowl with 2 tbsp. of olive oil, and a pinch of salt and pepper. Add the garlic and hot pepper to this bowl.

Slice sweet potato into ¼ thick slices and cut these into quarters. Place in microwavable bowl with ¼ cup of water and cover. Microwave on high for 4-6 minutes, or until mostly cooked. Add 2 tbsp of olive oil and salt and pepper to taste.

Slice the fish filet into 1 inch strips no more than 3 inches long. Sprinkle with salt and pepper.

Now comes the fun part! Place 2 corn husks down on the counter and place another 2 husks on top and perpendicular to the first layer (see diagram). If there are any holes, grab another husk and fill in the gap.

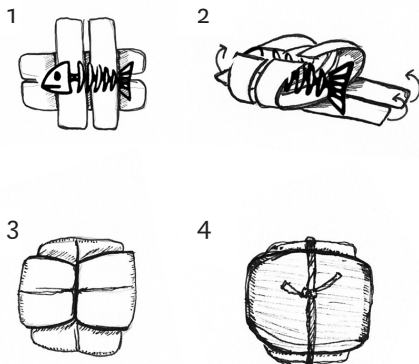
FISH WRAP

Spoon 2 tbsp of the corn mixture onto the husks, place 2-4 pieces of squash over the corn, place 3 slices of fish over the squash, put 2 more tbsp of corn on top. Now fold each layer of corn husk around the fish and tie the package with the ribbons of husk you have made into a bow.

VEGGIE WRAP

Do the same thing but substituting the fish with the pre-cooked sweet potato. We suggest tying a sprig of thyme onto the vegetable wrap so that you can identify which is which when you take them out of the oven.

Place these onto a baking sheet and bake at 375 degrees for 10 minutes. Allow to cool for 3 minutes before serving.



POPCORN WITH TRUFFLE OIL & PARMESAN CHEESE

Serves 3-4 people

INGREDIENTS

1 1/2 Tbsp Olive Oil
1/2 Cup Popcorn Kernels
2 tsp White Truffle Oil
Parmesan Cheese to taste

DIRECTIONS

Heat the olive oil in a large pot with about 3 kernels on High temp.

When the three kernels pop, pour 1/2 cup of kernels into the pot and place lid. Turn heat to Med/High.

Shake the pot on the burner to spread the kernels in the oil.

Remove from heat when popping is at approx 1 second intervals.

Pour into bowl and pour one teaspoon of white truffle oil onto popped corn and shake. Pour last teaspoon onto popped corn, shake.

Add parmesan to taste, then shake and serve.

ICEBOX CAKE

Serves 8 people

INGREDIENTS

3 dozen crispy chocolate cookies
(can substitute 2-3 boxes of Nabisco
famous chocolate wafers)

3 cups of cream

1 tablespoon vanilla

3 tablespoons of sugar

DIRECTIONS

Beat the cream with the sugar and vanilla until soft peaks form

On a serving plate, arrange seven cookies in a circle, with one in the center.
Spread the cookies with $\frac{1}{2}$ cup of the cream. Put another layer of cookies
over the cream and continue this until you have run out of cookies, cream or
both!

Cover and refrigerate for at least 8 hours or overnight.

EMPOWERHOUSE COOKIES

INGREDIENTS

2 1/2 sticks unsalted butter,
at room temperature
2 cups sugar
2 large eggs
1 tablespoon vanilla extract
3/4 cup Dutch process cocoa
powder
2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
White Sanding sugar, for garnish

DIRECTIONS

In a large bowl, add the butter and sugar and cream together with a hand mixer. Add the eggs and vanilla extract to the creamed mixture and mix until combined. In a medium bowl, mix the cocoa powder, flour, baking soda, and salt. Slowly add the dry ingredients and continue mixing until incorporated.

Roll the dough into 2 logs that are about 2-inches high and 1-foot long. Wrap them in waxed paper and place in the refrigerator for 2 hours.

Preheat oven to 350 degrees F.

Once thoroughly chilled, slice the cookies into 1/2-inch thick rounds and cover with sanding sugar. Place on a parchment paper lined cookie sheet and bake for 10 minutes.

Remove to a wire rack to cool.

KALE CHIPS

Serves 6 people

INGREDIENTS

1 bunch kale
1 tbsp extra-virgin olive oil
Coarse salt, to taste

DIRECTIONS

Preheat oven to 400°F.

Wash kale and dry well. Excess moisture will prevent chips from getting crispy. Tear into bite size pieces, and discard the thick stalks.

Spread on a parchment paper lined baking sheet. Drizzle the olive oil, and toss with hands until kale is evenly coated. Arrange in a single layer and sprinkle salt.

Cook in oven for approximately 10 minutes, until crispy and turning brown at the edges. Can season with additional spices as desired, such as cumin and lemon juice.

Serve immediately. Or, let cool and store in an airtight container.

THREE SALSAS

INGREDIENTS

MANGO SALSA

2 mangos, diced
1 red bell peppers, diced
1/2 red onion diced
1 clove garlic, minced
1 bunch chopped Cilantro
Juice of 1 lime
pinch of salt

TOMATO SALSA

10 plum tomatoes, diced
1/2 sweet white onion, diced
1 clove garlic, minced
1 bunch chopped cilantro
juice of 1 lime
salt and pepper to taste

AVOCADO SALSA

4 avocados, diced
1/2 red onion, diced
1 clove garlic, minced
juice of 1 lime
salt and pepper to taste

DIRECTIONS

Simply cut everything up and mix it in a bowl.

Fresh salsa makes a delicious addition to salads, fish, sandwiches, or just scooped up with tortilla chips on a warm night.

Let mixture sit to let the flavors marinate to taste.

SWEET TEA

INGREDIENTS

Black tea

Water

Sugar

DIRECTIONS

Boil 4 cups of water with 5 tea bags for 15 minutes.

Remove tea bags and discard

Boil 2 cups of sugar in 1 cup of water until sugar is dissolved, mix syrup with boiled tea water in 1 gallon pitcher, fill pitcher with tap water and stir .

Refrigerate. Serve and enjoy cold or over ice.

LEMONADE

INGREDIENTS

Lemons

Water

Sugar

DIRECTIONS

Combine sugar and 1 cup water. Stir or boil to dissolve sugar.

Allow to cool to room temperature, then cover and refrigerate until chilled.

Remove seeds from lemon juice, but leave pulp.

In pitcher, stir together chilled syrup.

Refrigerate. Serve and enjoy cold or over ice.

ICE WATER WITH CUCUMBER & MINT

INGREDIENTS

Water
Cucumber
Fresh mint

DIRECTIONS

Slice cucumber and prepare mint. Place all ingredient into a picher.

VIRGIN SANGRIA

INGREDIENTS

2 cups white cranberry juice
2 cups orange juice
1 piece of each: apples,
peaches, pears
1 cup club soda or seltzer

DIRECTIONS

In a pitcher, combine white cranberry juice and orange juice.
Add fruit and ice and top off with sparkling water.
Stir, serve and enjoy.

COMPREHENSIVE INGREDIENT LIST

apples	fresh thyme	basil	white sanding sugar
pears	red and gold beets	local fresh fish filet – white flakey fish works best (tilapia, trout, flounder, cod, etc)	black tea
peaches	white onion		lemon
plums	garlic clove		cucumber
berries, assorted	cider vinegar	corn with husks	mint
lemon, juice and zest	cardamom seeds	fresh herbs (basil, thyme, oregano)	white cranberry juice
cinnamon	whole cloves	zucchini, yellow squash, any type of squash that is in season	orange juice
cloves	ground allspice	sweet potato	club soda or seltzer
nutmeg	yellow or white diced onion	garlic	kale chips
maple syrup	red bell pepper	finely minced fresh bonnet pepper (can substitute another hot pepper)	salsas
honey	white vinegar and water	popcorn kernels	corn chips
sugar	celery seeds, freshly grated nutmeg	white truffle oil	
apple cider vinegar	ground turmeric, pepper	parmesan cheese to taste	
olive oil	fresh basil leaves	crispy chocolate cookies (can substitute 2-3 boxes of Nabisco famous chocolate wafers)	
white bread (challah, brioche, pullman)	walnuts	cream	
turnips	pine nuts	vanilla	
carrots	olive oil	unsalted butter, at room temperature	
cauliflower	tablespoons finely grated parmesan cheese	large eggs	
broccoli	garlic cloves	vanilla extract	
celery	spaghettini	Dutch process cocoa powder	
grape tomatoes	string beans	all-purpose flour	
olive oil	farmers market local sausage	baking soda	
balsamic vinegar, aged	onion		
salt	water or beer		
pepper	tomatoes, peeled and deseeded		
french bagette	watermelon		
fresh homemade ricotta cheese from local farmers market	cantelope		
olive oil			